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Nutritional Medicine Service

Food Faddism

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This diet instruction has been given to you by _____,
(Name of health care provider)

at _____,
(Name of medical facility)

on _____.
(Date)

If questions arise, direct them to the health care provider at _____.
(Telephone number)

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DEPARTMENT OF THE AIR FORCE
Headquarters US Air Force
Washington DC 20330-5000

AF PAMPHLET 166-13

2 May 1985

Nutritional Medicine Service

FOOD FADDISM

This pamphlet provides guidance needed by the patient to follow the diet prescribed by a physician or other health care provider. It also provides instructions to meet the nutritonal requirements of each individual within the restrictions imposed by the diet. The use of names of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

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No. of Printed Pages: 60
OPR: WHMC/SGAF (Col. D. Dean Falconer)
Approved by: HQ USAF/SGB (Col N. C. Nicholas)
Writer-Editor: Novella S. Hill
Distribution: F

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Introduction

Food has always been one of the prime necessities of life. Too many people, however, are concerned only with food that relieves their hunger or satisfies their appetite, and are not concerned with whether they consume the proper foods for good nutrition. Diets used in a weight reduction program should include a proper mixture of protein, carbohydrate, fat, vitamins, and minerals. This pamphlet is designed to help individuals choose a safe and healthy diet while trying to lose or maintain ideal body weight.

Nutrients

Nutrients are chemical substances obtained from foods during digestion. They are needed to build and maintain body cells, regulate body processes, and supply energy. The essential nutrients are listed below:

a. Carbohydrate, such as bread, potatoes, corn, and pasta.
b. Protein, such as meat, fish, eggs, and cheese.
c. Fat, such as butter, margarine, and oils.
d. Vitamins, such as A, B_1, B_2, B_6, C, D, E, and K.
e. Minerals, such as calcium, sodium, potassium, and iron.
f. Five to six glasses of water are needed daily. Thirst is usually an adequate guide for water intake. Acceptable alternatives are milk, fruit juice, fruit drinks, and soft drinks.

Carbohydrate, protein, and fat contribute *calories*. Calories are the unit of energy used by the body to meet daily requirements for maintenance, repair, and growth. Vitamins, minerals, and water do not contribute calories, but are essential for the chemical processes that sustain life.

Ten Leader Nutrients

Consumers are confronted through the media with conflicting claims about the nutritional benefits of specific foods, health foods, special diets, and dietary supplements. The dilemma is not only what to believe, but also how to use nutritional facts.

About 50 nutrients are needed daily for optimum health. However, if one obtains the proper amount of the 10 "leader" nutrients in the daily diet, most of the other 40 nutrients will be consumed in amounts sufficient to meet body needs. The 10 leader nutrients are carbohydrate, protein, fat, calcium, iron, vitamins A, B_1, B_2, C, and niacin.

One's diet should include a variety of foods because no single food supplies all the nutrients and because many nutrients work together. Common sources of the 10 leader nutrients are listed below:

Nutrient	Important Sources
Protein	Meat, Poultry, Fish Dried Beans and peas Eggs Cheese Milk

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Nutrient	Important Sources
Carbohydrate	Cereal Potatoes Dried Beans and Peas Corn Bread
Fat	Shortening, Oil Butter, Margarine Salad Dressing Bacon, Sausage
Vitamin A (Retinol)	Liver Carrots Sweet Potatoes Greens Butter, Margarine
Vitamin C (Ascorbic Acid)	Broccoli Oranges Grapefruit Papaya Mango Strawberries
Thiamine (B_1)	Lean Pork Nuts Fortified Cereal Products
Riboflavin (B_2)	Liver Milk Yogurt Cottage Cheese
Niacin	Liver Meat, Poultry, Fish Peanuts Fortified Cereal Products
Calcium	Milk, Yogurt Cheese Sardines and Salmon with Bones Collard, Kale, Mustard, and Turnip Greens

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Nutrient	Important Sources
Iron	Enriched Farina Prune Juice Liver Dried Beans and Peas Red Meat

Recommended Dietary Allowance (RDA)

The Recommended Dietary Allowances (RDA) are recommended amounts of the essential nutrients that were developed to cover the vast majority of the population. The RDA are used to establish the guidelines for nutritional labeling known as the United States Recommended Daily Allowances (U.S. RDA). These values are determined by sex and age and are revised every 4 years. As more information becomes available, new requirements are added and established requirements are updated.

United States Recommended Daily Allowance (U.S. RDA)

The U.S. RDA are the amounts of nutrients recommended for healthy adults and older children and, therefore, are higher than the needs of many people, especially young children. For good nutrition, the foods that you eat each day should provide close to 100 percent of the U.S. RDA for each of the vitamins and minerals. For your reference, the U.S. RDA for adults and children 4 or more years of age are:

Protein	65 grams
Vitamin A	5,000 International Units (IU)
Vitamin C (ascorbic acid)	60 milligrams
Thiamine (Vitamin B_1)	1.5 milligrams
Riboflavin (Vitamin B_2)	1.7 milligrams
Niacin	20 milligrams
Calcium	1.0 gram
Iron	18 milligrams
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin B_6	2.0 milligrams
Folic Acid (Folacin)	0.4 milligram
Vitamin B_{12}	6 micrograms
Phosphorus	1.0 gram
Iodine	150 micrograms
Magnesium	400 milligrams
Zinc	15 milligrams
Copper	2 milligrams
Biotin	0.3 milligram
Pantothenic Acid	10 milligrams

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Guide to Good Eating

One of the easiest tools for evaluating your diet is the Guide to Good Eating*. This system categorizes common foods and states the minimum number of servings needed daily for the majority of people. It provides an easy reference that will ensure you are getting the 10 leader nutrients. The recommended daily pattern provides the foundation for a nutritious, healthful diet.

The recommended servings from the four food groups for adults supply about 1200 calories. The chart below gives recommendations for the number and size servings for several categories of people.

Guide to Good Eating

A Recommended Daily Pattern

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk 1 cup milk, yogurt OR Calcium Equivalent: 1½ slices (1½ oz) cheddar cheese* 1 cup pudding 1 3/4 cups ice cream 2 cups cottage cheese*	3	4	2	4	4
Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz) cheddar cheese* ½ cup cottage cheese* 1 cup dried beans, peas 4 tbsp peanut butter	2	2	2	3	3
Fruit—Vegetable ½ cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana	4	4	4	4	4
Grain—whole grain, fortified, enriched 1 slice bread ½ cup cooked cereal 1 cup ready-to-eat cereal pasta, grits	4	4	4	4	4

*Count cheese as serving of milk OR meat, not both simultaneously.

"Others" complement but do not replace foods from the Four Food Groups. Amounts should be determined by individual caloric needs.

*Courtesy of National Dairy Council.

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Nutrition Labeling

Nutrition labeling is an excellent source of information to help the consumer in food selection and to evaluate the nutritional value of foods. Although nutrition labeling is mandatory for only food products to which a nutrient is added or for which some nutritional claim is made, many food products bear nutrition labeling information. The following is an example of nutrition labeling.

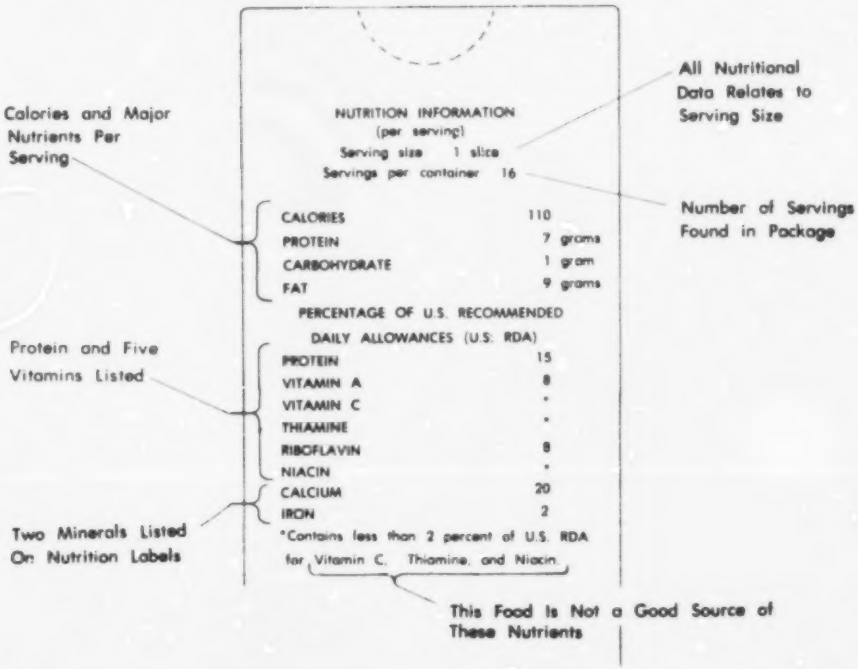
Nutrition labels contain information on calorie content, quantities of protein, carbohydrate, and fat expressed in grams, and the percentage of the U.S. RDA for protein, five vitamins (vitamin A, vitamin C, thiamine, riboflavin, and niacin), and two minerals (calcium and iron) provided by one serving of the product.

Additional information may also be on the label:

a. The percentage of the U.S. RDA for any of 12 additional vitamins and minerals furnished by a serving.

b. Information on polyunsaturated fat, saturated fat, and cholesterol furnished by a serving of a specified size.

Nutrition Label—Major Nutrients, Vitamins, and Minerals


All Nutritional Data Relates to Serving Size
Calories and Major Nutrients Per Serving
NUTRITION INFORMATION (per serving)
Serving size 1 slice
Servings per container 16
Number of Servings Found in Package
CALORIES 110
PROTEIN 7 grams
CARBOHYDRATE 1 gram
FAT 9 grams
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)
Protein and Five Vitamins Listed
PROTEIN 15
VITAMIN A 8
VITAMIN C *
THIAMINE *
RIBOFLAVIN 8
NIACIN *
Two Minerals Listed On Nutrition Labels
CALCIUM 20
IRON 2
*Contains less than 2 percent of U.S. RDA for Vitamin C, Thiamine, and Niacin
This Food Is Not a Good Source of These Nutrients

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c. Sodium content per serving.

d. Nutrition information for a serving of food cooked or prepared in combination with other foods according to directions given on the label.

If you are on a therapeutic diet, learning how to read labels for food content is essential. Nutrition labels often provide information on sodium, cholesterol, and types of fat. Fat is stated in percent of total calories and amounts of polyunsaturated and saturated fats are stated in grams. Cholesterol and sodium are stated in amounts (milligrams) per 100 grams and amounts per serving (size indicated on label). If you are unsure if a food is allowed on your diet, contact a dietitian or nutritionist for advice.

If sodium levels are not given, remember that ingredients are listed in order of predominance. Products that contain several sodium compounds, or products that list salt and other sodium compounds as one of the first few ingredients, such as catsup and canned soups should be avoided. Some common sodium compounds, besides salt, baking powder, and baking soda, are sodium sulfite, sodium phosphate, disodium inosinate, disodium guanylate, and monosodium glutamate.

Therapeutic Diet Information

FAT

CHOLESTEROL

SODIUM

NUTRITION INFORMATION

SERVING SIZE - TABLESPOON (15 GRAMS)

SERVINGS PER CONTAINER 60

CALORIES 70

PROTEIN 0 GRAMS

CARBOHYDRATES 2 GRAMS

FAT 6 GRAMS

PROVIDES 85% OF CALORIES *

POLYUNSATURATES 4 GRAMS

SATURATES 1 GRAM

CHOLESTEROL

35 MG/100 GRAMS; 6 MILLIGRAMS

SODIUM

895 MG/100 GRAMS; 105 MILLIGRAMS

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCE (U.S. RDA)

LESS THAN 2% OF PROTEIN VITAMIN A VITAMIN C THIAMINE RIBOFLAVIN NIACIN CALCIUM AND IRON

* INFORMATION ON FAT AND CHOLESTEROL CONTENT IS PROVIDED FOR INDIVIDUALS WHO ON THE ADVICE OF A PHYSICIAN ARE MODIFYING THEIR TOTAL DIETARY INTAKE OF FAT AND CHOLESTEROL

INGREDIENTS: SOYBEAN OIL AND/OR COTTONSEED OIL, VINEGAR, SUGAR, WATER, EGG YOLKS, MODIFIED FOOD STARCH, SALT, NATURAL FLAVORING AND PAPRIKA

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Vitamin and Mineral Supplements

Although vitamin and mineral supplementation is not normally needed, many types of supplements are available on the market. Nutritional labeling will assist you in determining what supplement, if any, is best for you. The label will list the amounts of vitamins, minerals, and the U.S. RDA the supplement provides.

If you wish to take a multivitamin or multimineral supplement, be sure to buy a brand that contains no more than the U.S. RDA for any vitamin or mineral. As for supplements of individual vitamins or minerals, they should be used only on the advice of a qualified physician or health care provider.

Megadose Vitamin and Mineral Therapy

Many food faddists believe that certain foods will make you feel better or help you lose weight. Others feel that megadoses of certain vitamins or minerals will improve your health and life span. They also mistakenly think that if a little is good, more is better. An excess of some nutrients is excreted by your body while an excess of others is stored in the body. Some nutrients, such as vitamins A and D, can be stored in such large amounts that they may cause illness. Vitamins are required in small amounts for normal body functions. The RDA has a safety level already built into the requirements. Taking megadoses of vitamins may change its role from a nutrient to a drug. You do not need vitamin pills when you eat an adequate diet. The following table shows a few of the side effects that can result from megadoses of vitamins.

Vitamin	Minimal Requirement	Recommended Allowance	Toxic Range and Abnormalities Induced
Vitamin A	1500 IU*	5000 IU	50,000 to 100,000 IU Brain abnormalities Skin problems
Vitamin D	400 IU	400 IU	1000 to 100,000 IU Kidney calcification Excess calcium in the blood
Ascorbic Acid	10 mg*	60 mg	2000 to 4000 mg Fetal damage Interferes with test for diabetes Rebound scurvy
Niacin	10 mg	12 to 20 mg	1000 to 10,000 mg Flushing of skin Rough skin Excess sugar in the blood Impaired liver function
Folic Acid	100 ug*	100 to 150 ug	50,000 ug Antagonizes some drug therapy

*IU = International Unit, mg = milligram, ug = microgram.

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There are several levels at which most vitamins have been given. The minimal requirement is that amount necessary to avoid signs and symptoms of deficiency in most persons. The recommended allowance is a generous surplus that should ensure an adequate amount for virtually all healthy persons.

Food Faddism

Inaccurate nutrition teaching and health fads were reported in the literature as early as 1796 and have been made more popular in recent years due to the large supply of books available to the public. Food faddists have learned that it is easy to make a fast buck by selling the unknowing public on health claims that will help improve and extend life. They claim special virtues for foods such as yogurt, blackstrap molasses, raw sugar, honey, sea salt, stone-ground flour, vegetable juices, wheat germ oil, and foods grown without chemical fertilizers.

Most faddists make spectacular health claims that are not scientifically proven and do not conform to good nutrition standards. The health risks involved can be enormous and the cost to you, the consumer, is very high. No single food supplies all the nutrients needed by the body. Rather, good nutrition is derived from a combination of foods that will provide the necessary nutrients. Using the basic four food groups as a guide, you can easily ensure that the 10 leader nutrients are included in your daily diet. This is the most economical and safest way to achieve a balanced diet and good health.

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Evaluating the Diets

With the ever-rising interest in nutrition and health, this pamphlet provides information on sound nutrition practices and an evaluation of several popular diets.

Each evaluation includes a comparison against the Guide to Good Eating and a summary of the diet. Each summary describes the author's claims about the diet and the type of food it includes. A sample menu for each diet is also given.

The evaluation compares the amounts of foods listed in each sample menu with the recommended number of servings for ADULTS, as contained in the Guide to Good Eating. The CHILD, TEENAGER, PREGNANT, and LACTATING WOMAN have different nutritional requirements and these should be considered when evaluating a diet.

It is important to note, however, that early growth and development and pregnancy and lactation are not times to "experiment" with the diet. Nutritional requirements during these stages of life are too critical to risk nutritional deficiencies or imbalances.

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The Beverly Hills Diet
By: Judy Mazel
Ma[illegible]lan Publishing Co., Inc., New York, 1981

Judy Mazel has develop[illegible] this diet based on personal experience and the experiences of friends who report a weight loss of 15 to 20 pounds for the women and 20 to 30 pounds for men in the 6-week series.

The diet focuses on "conscious combining" of enzymes in the body with those found in foods. It has an extensive list of 25 general rules to follow and a specific menu is set for each day in the 6-week reduction plan. Week 1 begins with fruits only, week 2 introduces some vegetables and bread, week 3 introduces the first meats and weeks 4, 5, and 6 vary these food groups. Most food items must be eaten in unlimited amounts. Dairy products are not allowed on this diet. The maintenance schedule shows various daily combinations to be used and introduces sesame seeds, bran, and yeast for daily balancing.

In comparing the diet pattern to the Guide to Good Eating, the diet does not contain adequate servings from all the food groups. It is deficient in the milk group throughout the plan.

The diet is not recommended because it does not provide a well-balanced menu pattern necessary to provide essential nutrients and does not promote long-term changes in eating habits.

Sample Menu—Meals on Which Evaluations Are Made

Week 3, Day 19

Morning: Apples (unlimited amount)

Midday: Apples (unlimited amount)

Evening: Steak or lobster with unsalted butter (unlimited amount)

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	Unlimited	Unlimited Fruit	0
Evaluation	−2	OK	OK	−4

Vitamin and mineral supplementation: None recommended.

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The Cambridge Plan

Published by The Cambridge Plan International, Monterey, CA

The Cambridge Plan is a new application of a liquid formula diet. The plan recommends consumption of a liquid composed of milk solids, sugar, additional milk proteins and a vitamin and mineral mix. This diet provides 330 calories and 75 percent of the RDA for protein.

This diet is advertised as an alternative to starvation or fasting programs. It promises that you can lose weight very rapidly but avoid the problems associated with the "Protein Sparing Fast."

This diet is not recommended because it lacks servings in the meat, fruit and vegetable, and grain groups. The diet does not promote permanent changes in eating habits and may be very dangerous to those individuals who have other medical problems such as heart disease, diabetes, or hypertension.

Sample Menu—Meals on Which Evaluations are Made

Breakfast: 33 grams of Cambridge Diet Mix
Water

Lunch: 33 grams of Cambridge Diet Mix
Water

Supper: 33 grams of Cambridge Diet Mix
Water

The Cambridge Diet Mix comes in a variety of flavors, including chocolate, vanilla, strawberry, and eggnog. Other products are available for soup and pudding combinations.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	0	0	0
Evaluation	OK	−2	−4	−4

Vitamin and mineral supplementation: None recommended.

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Diet for Endocrine Disorders
By: Henry G. Bieler
Food Is Your Best Medicine, Random House, New York

Bieler prescribed this diet for a patient who complained of fatigue, poor eyesight, and oral lesions. The patient was diagnosed as having "endorcine gland disorders." Bieler reports that after 11 months "on this diet his patient's recovery was complete. There were no more sores in his mouth; his eyesight is better than it has been for years; he can drive a golf ball farther than he ever could; and there is no manual work around his home which he cannot do..."

Clearly, the diagnosis and the proof of recovery are very subjective in that they show no biochemical data as evidence of either "illness" or "cure."

Assessment of the diet pattern shows complete absence of meat group foods and an extremely limited variety of choices from other food groups. Remarkably, of the 10 nutrients calculated, iron is the only nutrient shown to be low (61 percent of need).

Because of the narrow selection of foods, one could doubt the adequacy of nutrients such as folic acid (found in green leafy vegetables) and others that would normally be provided. Also, the exclusive use of raw goat's milk requires caution since it is not pasteurized and may be a carrier of tuberculosis or rheumatic fever.

The diet is not recommended because there is no data to verify its efficacy in curing disease, there is risk in using raw milk, and the narrow variety of foods will not provide an adequate range and quantity of nutrients over a period of time.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast: Shredded Wheat Biscuit
Raw Goat's Milk, 4 ounces (oz.)
Stewed Prunes, 4 medium (med.)

Snack: Raw Goat's Milk, 8 oz.

Lunch: Vegetable Soup, 6 oz.
String Beans, 4 cups (c.)
White Bread, 1 slice (sl.) with butter
Raw Goat's Milk, 8 oz.

Snack: Raw Goat's Milk, 8 oz.

Supper: Vegetable Soup, 6 oz.
String Beans, 4 c.
White Bread, 1 sl. with butter
Raw Goat's Milk, 8 oz.

This plan is followed daily without variation.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	4½	0	18	3
Evaluation	+2½	−2	+14	−1

Vitamin and mineral supplementation: None recommended.

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Diet for a Small Planet
By: Frances Moore Lappé
Ballantine Books, New York, 1975

A vegetarian eating pattern is suggested based upon the author's opinion that America is an agriculturally wealthy country that is reducing, instead of increasing, the potential of our earth to support us through the production of meat. The premise of this diet is to eliminate the "meat" protein in the diet and replace it with vegetable protein in complementary combinations.

The diet itself emphasizes the gradual elimination of meat from the diet and the use of seafood, dairy products, legumes, nuts and seeds, grains and cereals, and vegetables as protein replacements. Excellent charts explain how to combine foods from these groups to provide quality protein that is equivalent to meat protein in its use by the body. The book provides quite an extensive array of menu items and corresponding recipes to use in conjunction with the concepts of the vegetarian diet.

This diet, if understood and followed correctly so that it provides essential nutrients, is an excellent alternative to meat eating. It is very low in cholesterol and fat and, therefore, is in line with the Dietary Goals for the United States. The foods used have had little processing, therefore providing plenty of bulk in the diet, but requiring the recipes to be prepared from "scratch." This may be seen as a disadvantage to following the diet but is of small consequence when the nutritional quality is noted.

Both the Chicago Nutrition Association and the Journal of Nutrition Education have given this diet and the book an excellent recommendation as a nutritionally sound program. This diet is recommended if an individual understands the principles of complementing protein and balancing the diet to include adequate nutrients.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Cheese Omelet 2 Bran Muffins* Milk Juice	Lunch:	Pinto Beans Savory Rice* Tortilla Fresh Fruit
Supper:	Spinach and Cheese Casserole* Carrot Raisin Salad Whole Wheat Bread Milk		

*Recipes from Diet for a Small Plant

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	3	4 Fruit	4
Evaluation	OK	+1	OK	OK

Vitamin and mineral supplementation: None recommended.

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Diet Revolution
By: Robert C. Atkins
Women's Day, September, 1973

This diet severely restricts carbohydrates and replaces those calories with protein and fat. According to Atkins, the resulting state of ketosis is highly desirable because it causes appetite depression. Unfortunately, he does not go on to explain the undesirable aspects of this ketotic state.

To understand the dangers in this diet, one must understand ketosis and the side effects. When carbohydrate is inadequately supplied, the body uses fat stores for energy. Fat stores are progressively broken down into small, two-carbon fragments so they can be used for energy. When these fragments are present in excess amounts, they condense into four-carbon fragments or ketone bodies. These fragments are acidic and interfere with normal metabolic processes.

The American Medical Association's (AMA) Council on Food and Nutrition has published a review of ketogenic diets in the Journal of the American Medical Association, 4 June 1973. This article summarizes research and enumerates risk factors associated with these diets. In addition to appetite depression, other side effects are calcium depletion, dehydration, weakness, nausea, and kidney failure or stones in persons prone to kidney disease. Because ketone bodies compete with uric acid for clearance through the kidney, blood uric acid levels increase and so does the risk of gout and gouty arthritis in susceptible persons. An additional risk is that of atherosclerosis, since high blood lipid and cholesterol levels are associated with risk of coronary heart disease in susceptible persons.

Assessment of the diet pattern shows total absence of the grain group foods which undoubtedly aids the control of carbohydrate intake (49 percent of need). Lack of milk group foods causes the calcium shortage (69 percent of need).

This diet is not recommended because nutrients are inadequately supplied and the consequences of prolonged or intermittent use represent unnecessary health hazards.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
- Eggs, 2 med.
- Butter, 1 teaspoon (tsp.)
- Beef Pattie, 4 oz.
- Coffee, 2 c.
- Heavy Cream, 2 tsp.

Lunch:
- Shrimp, 3½ oz.
- Celery, 1 stalk
- Lettuce Salad, 1 c. with Small Tomato
- Mayonnaise, 1 tablespoon (tbsp.)
- Horseradish, ½ tsp.

Snack:
- Coffee, 1 c.
- Heavy Cream, 1 tsp.

Snack:
- Diet Soft Drink
- Cheddar Cheese, 1 oz.

Supper:
- Roast Pork, 8 oz.
- Broccoli, 1 spear, w/Hollandaise Sauce, ¼ c.
- Lettuce, 1 c. with with Mayonnaise ¡ tbsp.
- Coffee, 1 c.
- Heavy Cream, 1 tsp.
- Gelatin, ½ c.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings	1	9	4	0
Evaluation	−1	+7	OK	−4

Vitamin and mineral supplementation: None recommended.

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Diet Watchers' Guide
By: Ann Gold and Sara Briller

The authors carefully state that this diet is not designed to be a fad or crash diet.

Instead, it will cause gradual weight loss and at the same time help to teach new eating habits. Thus, normal weight can be maintained once it is reached.

Assessment of the diet pattern shows a slight imbalance of food group choices—two meat servings are substituted for two cereal group servings. No severe nutrient imbalance appears to be caused by this exchange. However, iron is low (80 percent of need) on this diet as it often is when the overall amount of food is limited or when few grain group foods are consumed.

This diet is acceptable for short-term usage because it claims only to facilitate weight loss by reducing caloric intake, it prescribes a food intake that supplies a nutrient intake that is nearly normal, it proposes a diet pattern that leads to wise food choices over a period of time. However, over a long period of time, difficulties could arise because iron is inadequately supplied.

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Sample menu—Meals on Which Evaluations Are Made

Breakfast:	Tomato Juice, 4 oz. French Toast, 1 sl. Coffee, 1 c. with Skim Milk 2 tbsp.	Lunch:	Tuna, 4 oz. Salad, 2 c. (beet greens, escarole, endive, mushrooms) White Bread, 1 sl. Coffee, 1 c. with Skim Milk, 2 tbsp.
Supper:	Broiled Chicken, 4 oz. with Pineapple, ¼ String Beans, ½ c. Bean Sprouts, ½ c. Tea, 1 c. with Lemon	Snack:	Coffee Malted (made of coffee, ½ c. and Skim Milk, ½ c.)
Snack:	Apple Malted (made of 1 Apple and Skim Milk, 1 c.)	Snack:	Blueberries, ½ c. with Buttermilk, ½ c.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	4	7½	2
Evaluation	OK	+2	+3½	−2

Vitamin and mineral supplementation: None recommended.

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Dolly Parton Diet

Televised on the John Erling Show, Tulsa, OK

The Dolly Parton Diet is a strictly arranged combination of foods planned for a 7-day period. Each day has a different food pattern. It contains servings from all of the four food groups; however, not all food groups are included on the same day.

In addition to the basic weekly plan, the dieter is advised to prepare a Miracle Soup. The soup contains vegetables and any combination of herbs and spices. This soup can be eaten at any time and in any amount. Weight loss is supposed to occur more rapidly if this soup is consumed.

The diet is not recommended because it does not meet the Guide to Good Eating recommendations on a daily basis and it does not promote good eating habits. Prolonged use of this diet may result in protein deficiencies as well as a wide variety of vitamin and mineral deficiencies.

Sample Menu—Meals on Which Evaluations Are Made

Breakfast: Cantaloupe
Miracle Soup

Lunch: Apples
Miracle Soup

Supper: Oranges
Miracle Soup

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	0	4	0
Evaluation	−2	−2	OK	−4

Vitamin and mineral supplementation: None recommended.

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Dr. Cooper's Fabulous Fructose Diet
By: J.T. Cooper, M.D., and Francis Paul Hagan
M. Evans and Company, New York, 1979

"The Fabulous Fructose Diet" book gives the dieter a choice of five dietary regimens: The Basic Fructose Diet, The Meals-and-Munch Diet, The Dependable Diet, The Vegetarian Fructose Diet, and the Milkshake Diet. The most common of the five is "The Basic Fructose Diet." It consists of 30 to 40 grams of fructose, or fruit sugar and at least 5 protein shares or servings of 1 ounce or more that are determined by Cooper. The fructose is taken in the form of tablets or a powder. Two large salads of about 1 cup each are allowed on The Basic Fructose Diet and can contain lettuce, endive, raw spinach, celery, leeks, escarole, pimento, green peppers, cucumbers, raw mushrooms, and dill pickles.

The ingestion of fructose combined with a decreased calorie intake is the key to the diet. Cooper claims that the fructose is better for you because, unlike glucose, fructose does not require insulin to enter the body's cells. This supposedly avoids the "glucose-insulin trap." Glucose triggers the release of insulin for its uptake by the cell. This causes a drop in blood sugar and the occurrence of hunger signals. What Dr. Cooper fails to mention is that fructose is more lipogenic or fat forming than glucose. Fructose reaches the level faster than glucose where it is converted to fat quicker than glucose.

This diet is a low-calorie regimen with high protein and low carbohydrate intakes. Since no bread, cereal, or milk are permitted, there will be a deficiency of the nutrients commonly found in these foods such as B vitamins, iron, and calcium. Therefore, Dr. Cooper recommends many nutritional supplements including calcium, B-complex vitamins, and a multivitamin.

No controlled studies have been conducted to prove or disprove Dr. Cooper's claims about "The Fabulous Fructose Diet." The use of fructose poses no known health problems; however, its benefits are questionable. For this reason, the diet is not recommended.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
2 Boiled or Poached Eggs
or
2 oz. Lean Meat
or
½ c. Cottage Cheese
Calorie-Free Beverage

Lunch:
1 Portion of Vegetable (cup loosely packed)
4 oz. (cooked) of Lean Fish or Seafood, Beef or Poultry
1 Portion of Fresh Fruit
Raw Salad (any amount) with Special Salad Dressing

Supper:
Same as lunch but omit fruit

On Sunday, only two meals are eaten—brunch and supper.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	5	6	0
Evaluation	−2	+3	+2	−4

Vitamin and mineral supplementation: Recommends exceeding the RDA for calcium, magnesium, folic acid, B-6, and B-complex vitamins.

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Dr. Solomon's Easy, No-Risk Diet
By: Neil Solomon, M.D., Ph.D., and Mary Knudson
Coward, McCann, & Geohegan, Inc., New York, 1974

The diet Dr. Solomon recommends is principally a more liberal version of the nutritionally sound "exchange list" system that the American Dietetic Association recommends for a program of gradual weight loss. The 1200 calorie pattern outlined in his book will lead to a 1- to 2-pound weight loss per week, he claims, and is broken down as follows:

Six protein "shares" (approximately 6 oz. of meat)
Three fruit "shares"
Two dairy "shares"
Three fat "shares"
Five bread "shares"
Vegetables as desired from list given

Dr. Solomon prepared extensive lists of foods that may be eaten on the diet and grouped them into the "share" lists written above. Any item on a share list in the serving size indicated is supposedly equal in calories to any other item on the same list, thus allowing one item to be exchanged for another within the list. This concept introduces variety into the diet, its greatest asset. Its variety, plus the inclusion of adequate numbers of servings from the basic four food groups eliminates it from the fad diet category. Dr. Solomon emphasizes the formation of improved life-long eating habits. He does include modifications of the basic plan for cholesterol watchers, true hypoglycemics and working people, but not for different calorie levels.

One criticism that may be levied against this diet is the share lists may, in some cases, be too liberal. For example, he lists one chocolate-covered ice cream bar as being equivalent to one slice of bread in the "bread shares" group. Because five bread shares are included in the daily pattern, a dieter could possibly consume all five bread shares in the form of ice cream bars. Although literally adhering to the diet, this type of substitution completely misses the concept of balanced nutrition which Solomon advocates. In addition, the diet plan totals about 1220 calories excluding vegetables, which may be eaten as desired. Some individuals may eat large quantities of vegetables, thinking they are calorie free, and slow the weight loss process considerably.

Because it contains the recommended number of servings suggested in each of the basic four food groups and emphasizes gradual weight loss, this diet may be followed with a physician's approval and further instruction about the basic four food groups.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
½ c. Orange Juice
1 Egg, Poached
1 sl. Toast
1 tsp. Butter or Margarine

Lunch:
10 Small Shrimp
Lettuce with Tomato Wedges, Celery, Dill Pickle Chips, and Diet Dressing
1 English Muffin
1 tsp. Butter or Margarine
1 Small Apple
1 c. Skim Milk

Supper:
3 oz. Steak, Broiled
Asparagus Spears, as desired
Cauliflower with Lemon and Paprika, as desired
Tossed Green Salad with Diet Dressing
1 tsp. Butter or Margarine
1 Small Dinner Roll
1 Fresh Pear

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	1	3	6	4
Evaluation	−1	+1	+2	OK

Vitamin and mineral supplementation: None recommended.

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Fasting, The Zero-Calorie Diet

The zero-calorie diet sounds like the ideal diet. It has zero calories because food is not included in the diet. The zero calorie diet, otherwise known as fasting, has been increasing in popularity. Some of the proposed benefits of fasting:

a. Gives vital organs a rest.
b. Promotes elimination of metabolic waste.
c. Rejuvenates the body.
d. Lets the body break down and absorb swellings, deposits, diseased tissues, and abnormal growth.
e. Clears and strengths the mind.
f. Improves functions throughout the body.

Fasting for the above reasons may sound very beneficial. In actuality, these reasons for fasting are fallacies. During fasting, your body must still carry on its normal functions. Only it must do so without its normal source of energy. Your body must now switch from using glucose as a source of energy to using the body's fat reserves. If a person does not have adequate fat reserves, the body starts to break down tissues and muscles for energy.

Other events also occur during fasting such as large losses of body fluids, and losses of minerals such as potassium, calcium, and magnesium.

Fasting sounds like the surest and quickest way to lose weight. It is very detrimental to your health and can be life threatening. Fasting not only eliminates calories, it also eliminates the essential vitamins, minerals, and protein your body needs for normal body functions.

The only difference between fasting and starvation is intent.

Sample Menu—Meals on Which Evaluations Are Made

Breakfast: Water, Sugar-Free Soft Drink

Lunch: Water, Sugar-Free Soft Drink

Supper: Water, Sugar-Free Soft Drink

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	0	0	0
Evaluation	−2	−2	−4	−4

Vitamin and mineral supplementation: Many enthusiasts recommend a multivitamin and mineral tablet. Although not dangerous, this is not a recommended substitution for food.

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Knox Eat and Reduce Plan
By: Knox Gelatin

Calorie quota diets of 1200, 1500, 1800, and 2400 are color-coded in the Knox Eat and Reduce Plan. In order to select the correct one, the individual simply multiplies his or her desired weight by 10 and the calorie quota nearest this figure is the one to follow. There are seven lists of food, that is, meat, bread, vegetables, milk, fats, fruits, and miscellaneous. Each color-coded line tells the number of choices and the amounts one may have from each of the seven lists of food. The diet must also include an envelope of Knox Gelatin three times daily before meals. The reasons given are that gelatin will dull the appetite and provide supplemental protein which will help in all reducing diets.

Unfortunately, Knox Gelatin has neglected to publicize certain aspects of protein biochemistry. The "supplemental protein" in gelatin is incomplete. When consumed with a diet (such as this one) which already supplies enough complete protein, the gelatin is not used for protein synthesis but is used for energy.

Assessment of the diet pattern shows that a wide selection of foods is included. The shortage of bread and cereal group foods could account for part of the inadequate supply of thiamine (80 percent) and iron (78 percent of need). When quantities of food are limited, iron often is inadequately supplied.

This diet is not recmmended because the claims for the consumption of gelatin are not accurate and two nutrients, thiamine and iron, are not adequately supplied.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
Fresh Orange Juice, 4 oz.
with 1 Envelope Gelatin
Scrambled Egg with
Margarine, 1 tsp.
Wheat Toast, 1 sl. with
Margarine, 1 tsp.
Tea, 1 c.

Snack: (½ hour before lunch)
Tea with 1 Envelope
Gelatin

Supper:
Broiled Steak, 4 oz.
Baked Potato, 1 Small (sm.)
with Margarine, 1 tsp.
Brussels Sprouts, ½ c.
Skim Milk, 8 oz.
Small Roll with Margarine,
1 tsp.

Snack: Nectarine, 1 med.

Lunch:
Cottage Cheese, 2 oz.
Mixed Green Salad
with Low Calorie Dressing,
2 tsp.
Skim Milk, 8 oz.
Apple, 1 sm.

Snack: (½ hour before dinner)
Tea with 1 Envelope
Gelatin

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	3	5	2
Evaluation	OK	+1	+1	−2

Vitamin and mineral supplementation: None recommended.

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The Last Chance Diet
By: Dr. Robert Linn and Sandra Lee Stuart
Bantam Books, New York, January, 1977

Briefly, The Last Chance Diet is a total fasting regimen supplemented with a liquid protein drink referred to as "Prolinn" (protein + Linn). Because of the liquid protein consumption, Dr. Linn refers to the diet as a "modified fast." Linn claims the advantage to drinking liquid protein is to "remove the immediate sensuality of food which reduces the temptation to 'cheat.' "

An individual on Dr. Linn's diet is expected to drink 4 to 8 ounces of Prolinn *per day*, providing at most 120 grams of protein and 480 calories daily. In addition, supplements of potassium, folic acid, vitamin C, a multivitamin tablet, and 2½ quarts of noncaloric fluid are recommended daily. No solid foods are consumed.

The Last Chance Diet is not recommended for the following reasons:

a. The protein provided is of low quality and cannot be fully used.

b. The diet is temporary and does not encourage permanent changes in eating behavior.

c. The diet can have disturbing side effects, such as diarrhea, nausea, and possibly heart irregularities.

d. The liquid protein diet plan poses serious health risks, ranging from kidney and or liver failure to death.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Liquid Protein Coffee or Tea	Lunch:	Liquid Protein Coffee, Tea, or Noncaloric Soda
Supper:	Liquid Protein Coffee, Tea, or Noncaloric Soda		

A minimum of 1½ to 2 quarts of fluids are required per day.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	0	0	0
Evaluation	−2	−2	−4	−4

Vitamin and mineral supplementation: Daily supplements of potassium, folic acid, vitamin C, and a multivitamin tablet are recommended.

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9-Day Wonder Diet
By: Frederick J. Stare, M.D., and Elizabeth Whelan, M.D.
Harper's Bazaar, July 1975

The authors emphasize that this diet simply applies the principles of good nutrition to dieting and will give the dieter an opportunity to develop and maintain sound eating patterns while losing weight.

With this diet, the dieter does not have to count calories or make complicated measurements. The authors provide 1200 calorie menus for the 9 days. All menus are patterned after the suggested servings from each of the basic four food groups. Minor substitutions within the same food group are permissible. The authors do not attempt to eliminate or emphasize any particular food or food group.

Basically, the authors propose a well-balanced, nutritionally sound diet which will help a dieter to start losing weight successfully. The diet, however, does not encourage the dieter to develop and maintain sound eating patterns while losing weight. The number of servings necessary from each of the four food groups is never clarified. Adequate guidelines for substituting foods into the basic diet pattern are lacking. As a result, the dieter is unable to adequately plan menus along the guidelines of the "Guide to Good Eating" after the designated period is completed.

The diet can be recommended if one learns to plan nutritionally balanced meals within caloric restrictions.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
½ Grapefruit
1 c. Breakfast Cereal
Skim Milk
1 sl. Toast
1 tsp. Margarine
Coffee

Lunch:
½ Banana or Pear
Chicken Salad on Rye Toast
Tomato, Raw*
1 c. Skim Milk

Supper:
1 Apple
3 oz. Steak
Cauliflower*
Broccoli Spears*
Tomato, Endive, and Watercress Salad
1 tbsp. Salad Dressing
Celery*
1 sl. Bread
Coffee

*As desired.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	2	8	4
Evaluation	OK	OK	+4	OK

Vitamin and mineral supplementation: None recommended.

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The Pritikin Maximum Weight Loss Diet
By: Nathaniel Pritikin
Family Circle, 20 November 1978

The Pritikin diet promises that the persons following its food plan will be able to eat all they want all day long and still lose 4 to 7 pounds per week.

The diet is largely vegetarian. It limits the dieter to 600 calories per day. It allows the consumption of only about 3 ounces per day of animal protein (beef, fish, poultry, veal, eggs, cheese), which greatly decreases the amount of saturated fats and cholesterol in the diet. Eighty percent of the diet consists of complex carbohydrates: grains, fruits, and large quantities of vegetables. The most important "rule" the dieter must follow is to keep food consumption below 600 calories. Dieters are advised to carry a plastic bag with raw vegetables in it and eat "all they want" of these throughout the day. This will prevent hunger, Pritikin assures, because ". . .if you're eating all day, some digestion is always going on. There is a steady flow of glucose; enzymes flow at a steady rate." Raw vegetables are the only foods the dieter can eat as desired. All others are severely restricted.

Pritikin claims the diet "provides all daily nutritional requirements." However, when comparing a suggested sample menu to the Guide to Good Eating evaluation criteria, the plan does not provide an adequate number of servings of food in the Milk, Meat, and Grain groups.

This diet is not recommended because it does not provide adequate servings from the basic four food groups and does not encourage sound, long-term eating habits.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
- 3½ oz. Oatmeal and Bran
- 4 oz. Skim Milk
- ½ Orange

Lunch:
- 4 oz. Raw Bell Peppers
- 4 oz. Raw Carrots
- 4 oz. Raw Cauliflower
- 4 oz. Raw Cucumbers
- 8 oz. Low-Calorie Tomato-Vegetable Soup*

Supper:
- 8 oz. Tomato-Rice Soup*
- 8 oz. Cabbage, Onions, and Tomatoes
- 8 oz. Stuffed Eggplant*

*Pritikin recipe.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	½	0	8	2
Evaluation	−1½	−2	+4	−2

Vitamin and mineral supplementation: No recommendation.

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The Pritikin Program for Diet and Exercise
By: Nathan Pritikin
Patrick M. Grady, Jr., Bantam Books, 1979

This diet is a revised version of the Pritikin Maximum Weight Loss Diet. It promises that one can eat (raw vegetables) all day long and lose up to 7 pounds a week. Pritikin bases his diet on a nutrient distribution of Fats 5 to 10 percent, Protein 10 to 15 percent, and Complex Carbohydrates 80 percent of the total calories. Cholesterol is restricted to 100 mg per day and salt to 2 to 4 grams per day. simple carbohydrates, such as sugar, honey, molasses, and syrup are omitted, as are highly processed foods, alcohol, coffee, and tea. Animal protein consumption is limited to less than one forth of a pound daily. Therefore, the diet is mainly vegetarian and limited to 600 calories per day. Neither vitamin nor mineral supplements are advocated. At least two, half-hour walks a day are recommended by Pritikin to complete his "program."

Following this diet over a long period of time would not be practical for most people, as the food preparation involved is extensive and trying to eat continually is difficult, especially for working people. (Pritikin does not say so, but this kind of diet can cause gas and diarrhea due to the high fiber content.)

Pritikin's claim that the diet "provides all daily nutritional requirements" does not hold up when a sample menu is compared to the basic four food group evaluation criteria; the plan does not allow an adequate number of servings in the milk, meat, and cereal groups.

This diet is not recommended because it does not promote sound long-term eating habits and also does not provide adequate servings from the basic four food groups.

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Sample Menu—Meals on Which Evaluations Are Made

		Calories
Breakfast		
Group 1	4.5 oz. Cooked Cracked Wheat Cereal (plus 2 tbsp. bran)	130
Group 2	4 oz. Nonfat Milk	40
Group 3	½ Banana	50
Lunch		
Group 4	8 oz. Tomato Vegetable Soup*	50
Group 6	8 oz. Lettuce	41
	2 oz. Radishes	10
	2 oz. Cucumbers	9
	4 oz. Tomatoes	25
	2 oz. Alfalfa Sprouts	—
	2 oz. Shredded Carrots	24
Group 7	2 oz. Italian Dressing*	10
Afternoon Snack		
Group 4	8 oz. Southern Vegetable Soup*	47
Supper		
Group 8	16 oz. Chinese Vegetable and Chicken*	190
	Total:	626

*Pritikin recipe.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	½	1	12	1
Evaluation	−1½	−1	+8	−3

Vitamin and mineral supplementation: None recommended.

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The Save-Your Life Diet

From The Save-Your Life Diet High Fiber Cookbook by David Reuben, M.D., and Barbara Rueben, M.S.
The Maleri Corporation, 1975

Dr. Reuben claims that "over one million American lives each year meet an untimely death directly as a result of the food they eat. These lives could be saved at absolutely no cost by simply leaving roughage in our food and removing every artificial additive."

The diet advocates a return to an unprocessed, additive-free, high-fiber regimen. The reader is encouraged to eat:

a. High roughage foods.
b. Moderate amounts of low fat meat, fish and poultry.
c. Raw or minimally cooked fresh fruits and vegetables.
d. Whole grain flour products.
e. Moderate amounts of milk.

The author discourages consumption of ultra-processed foods, flour, and refined sugar products.

For the overweight person, the author advises eating within sensible limits. Eating a diet high in fiber does not, however, guarantee weight loss. One must decrease caloric intake and or increase energy expenditure.

The diet, if understood and followed correctly, promotes good eating habits. Suggestions for increasing consumption of complex carbohydrates (fruits, vegetables, grains), drastically reducing consumption of refined and processed sugars, and consuming foods lower in saturated fat, are in line with the recent Dietary Goals for the United States. However, phytate, present in foods that have dietary fiber, binds certain minerals such as zinc, copper, iron, calcium, and chromium and may reduce their absorption. Therefore, extreme increases in consumption of complex carbohydrates should be avoided to reduce possible mineral deficiencies or the occurrence of any health problems.

In addition, blanket condemnation of all additives is not firmly grounded in sound scientific evidence. The effort to omit all additives requires time-consuming labor to prepare recipes from "scratch," and the purchase of high-cost "health foods."

This diet may be recommended if the person following it is aware that Dr. Reuben's claim that all food additives are harmful is not backed by scientific evidence, and that eating a high-fiber diet will not necessarily promote weight loss by itself.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
Buckwheat Pancakes*
½ Grapefruit
Milk
Coffee or Tea

Lunch:
Chicken Sandwich on Whole Wheat Bread
Lettuce and Tomato
Corn Chowder*
Assorted Fresh Vegetables
Fresh Pear
Coffee or Tea

Supper:
Pork with Vegetables, Chinese Style*
Brown Rice
Whole Wheat Muffins*
Fresh Fruit Salad*
High Fiber Refrigerator Cookies*

*Recipes from "The Save-Your Life High Fiber Cookbook."

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	2	6	4
Evaluation	OK	OK	+2	OK

Vitamin and mineral supplementation: None recommended.

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The Complete Scarsdale Medical Diet
By: Herman Tarnower, M.D., and Samm Sinclair Baker
Bantam Books, New York, 1978

Dr. Tarnower claims that his diet is an "easy, no-hunger, hassle-free" method for losing weight. He implicitly promises an average weight loss of 1 pound per day.

The basic rules of the Scarsdale diet are:

a. Eat exactly what is assigned without substitutions or additions.
b. Abstain from alcoholic beverages.
c. Drink only black coffee, tea, club soda, and diet sodas.
d. Prepare all salads without oil, mayonnaise, or other rich dressings.
e. Eat vegetables without butter, margarine, or other fat.
f. Eat lean, well-trimmed meat.
g. Stop eating when full.
h. Never stay on the diet longer than 14 days.

After 14 days, the dieter is encouraged to switch to the "keep trim" diet, a less restricted version of the diet, for 2 weeks. The dieter repeats the 2-week-on, 2-week-off pattern until the goal is reached.

This diet severely restricts both carbohydrate and fat. The premise of the Scarsdale diet is that when a person is not ingesting enough carbohydrate or fat to supply caloric needs, the body will first draw upon stored body fat to meet energy needs.

The danger of the diet is that a state known as "ketosis" will result. A review of ketogenic diets in the Journal of the American Medical Association, 4 June 1973, enumerated various risk factors in following such a diet. Side effects of ketosis include calcium depletion, dehydration, weakness, nausea, and kidney failure in people prone to kidney disease.

In comparing the diet pattern to the basic four food groups, the diet does not contain adequate servings from the milk group and the bread and cereal group. As a result, the basic pattern is inadequate in calcium, thiamine, vitamin B, and riboflavin.

The diet is not recommended because it does not provide a well-balanced menu pattern necessary to provide essential nutrients, the consequences of intermittent use represent unnecessary health hazards and allowing unlimited amounts of certain foods does not promote long-term changes in eating habits.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
- ½ Grapefruit
- 1 sl. of Protein Bread, Toasted
- Coffee or Tea without Sugar, Cream, or Milk

Lunch:
- Assorted Cold Meats (Lean Meats such as Chicken, Turkey, Lean Beef, Tongue)
- Tomatoes, Sliced, Broiled or Stewed
- Coffee, Tea, or Diet Soda

Supper:
- Fish or Shellfish
- Combination Salad, as desired
- 1 sl. of Protein Bread, Toasted
- Grapefruit
- Coffee or Tea

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	2	4	2
Evaluation	−2	OK	OK	−2

Vitamin and mineral supplementation: None recommended.

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Simeons Diet
Currently used by Harold Harper, M.D.
San Fernando Valley, CA

Simeons first proposed this diet in 1954. This regimen consists of a 500-calorie diet plus human chorionic gonadotropin (HCG) adjunct therapy. His theory is that HCG mobilizes fat from deposits and thus makes free fatty acids available in the blood stream as a ready source of fuel.

Research has been conducted on the efficacy of HCG in facilitating weight loss. In the American Journal of Clinical Nutrition, 14:133, 1964, B.W. Frank reports his study entitled "The Use of Human Gonadotropin in Treatment of Obesity. A Double Blind Study." He reports that "while subsisting on a 1030-calorie diet, 24 subjects received 200 IU Gonadotropin three times a week, and 24 subjects received a placebo injection of the same volume. (The 500-calorie diet originally proposed by Simeons was felt to be unachievable in an out-patient, long-term test.) The mean weight loss of the group treated with hormone was 12.3 pounds, and of the control group 11.5 pounds. There was no significant difference in weight loss . . . between the two groups." Dr. Frank gives his support to investigators who have shown that regular visits to an interested physician for weigh-in and diet counseling are probably the effective elements in helping people lose weight.

Assessment of the diet pattern shows the complete absence of the milk and grain groups. The consequent inadequacy of nutrients associated with these foods is no surprise—calcium (23 percent), riboflavin (76 percent), thiamine (67 percent), iron (55 percent) and carbohydrate (37 percent).

The diet is not recommended because its claims for the use of HCG are unsubstantiated, its extremely low carbohydrate levels promote ketosis, it prescribes an extremely narrow variety of foods which do not provide adequate range and quantity of nutrients. This diet is still popular today.

Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Chicken Breast, 1 cooked without oil, no skin Asparagus, ⅔ c. Cantaloupe, ½	Supper:	Tuna (water-packed), 4 oz. Lettuce, 2 c. with Low Calorie French Dressing Orange, 1 med.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	3	4	0
Evaluation	−2	+1	OK	−4

Vitamin and mineral supplementation: None recommended.

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The Live-It Program
From the Never Say Diet Book by Richard Simmons
Warner Books, Inc., New York, New York 10019

The author states that this weight loss program is to become a way of life. New eating patterns are learned that are to become permanent so that normal weight can be maintained once it is reached.

The Live-It Program has three main principles that include exercise, a lifetime food program, and mental exercises to keep a positive attitude.

Assessment of the diet pattern shows a slight imbalance that could be short on the milk group or slightly over on the meat group, depending on individual choices. The bread and cereal group is short one to two servings, also depending on individual choices. No severe nutrient imbalance appears to be caused by this. A wide selection of foods is allowed with no exact portion sizes to be followed, but rather meal patterns are given.

This diet is acceptable because it encourages eating a variety of foods in moderation and considers mental and physical well-being. However, a better discussion of the Guide to Good Eating is required to ensure that the minimum requirements are met.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Fruit or Juice Cereal with Milk or 2 Eggs and Bread Coffee, Tea, Milk, or Water	Lunch:	Salad with Protein Source (that is, Cheese, Meat, Eggs) or Sandwich Tea, Coffee, or Water
Supper:	Small Salad, Soup, or Tomato Juice Meat or Poultry Vegetable Potato (1 time per week) or Rice (2 times per week) Wine (optional) Coffee, Tea, or Water		

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	1 or 2	2 or 3	4	3
Evaluation	OK or −1	OK or +1	OK	−1

Vitamin and mineral supplementation: None recommended.

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Skim Milk and Bananas Diet

By: Irwin Stillman, M.D.

Irwin Stillman has compiled many diets to appeal to those looking for a guaranteed quick weight loss. This diet is only one of the bizarre combinations he proposes. Only skim milk and bananas are to be eaten. Stillman assures a half pound weight loss per day on this diet. When only two foods are consumed, the diet will be deficient in many nutrients. This diet provides extremely inadequate supplies of vitamin A (27 percent of need), and iron (22 percent of need).

Because calories are low the claim for quick weight loss may be met, but few people could continue this monotonous routine.

In view of the nutrient inadequacies presented above, this diet is not recommended. Also, since sound eating habits are not practiced on this diet, it is likely that all of the weight lost will be regained when the users return to their "usual" dietary pattern.

Sample Menu—Meals on Which Evaluations Are Made

8:00 a.m.	Skim Milk	8 oz.
9:30 a.m.	Banana	1 med.
11:00 a.m.	Skim Milk	8 oz.
12:30 p.m.	Banana	1 med.
2:00 p.m.	Skim Milk	8 oz.
3:30 p.m.	Banana	1 med.
5:00 p.m.	Skim Milk	8 oz.
6:30 p.m.	Banana	1 med.
8:00 p.m.	Skim Milk	8 oz.

This plan is followed daily without variation.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	5	0	4	0
Evaluation	+3	−2	OK	−4

Vitamin and mineral supplementation: None recommended.

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Dr. Stillman's Quick Weight Loss Beauty Diety
By: Irwin Stillman, M.D., and Sam Baker
Family Circle, October 1972

This particular version of the original Quick Weight Loss Diet is somewhat more lenient and better balanced than the original "High Protein-High Water" version. It actually seems to be a variation of Dr. Stillman's Quick-Inches Off Diet. As usual, Stillman has outlined a strict daily regimen, and warns not to deviate from the prescription.

Assessment of the diet pattern shows that only small amounts of a narrow variety of foods are to be consumed. Because of these limitations, all nutrients are inadequately supplied except protein and vitamin C.

Because so few calories are prescribed, weight loss would be likely for anyone who could tolerate the diet for the 3-week period. For those who persist, a potential side effect is that of ketosis due to low carbohydrate levels.

This diet is not recommended because of its nutritional inadequacies and its failure to teach users how to select the variety of foods that assure adequate nutrition.

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Sample Menu—Meals on Which Evaluations Are Made

	First Day	Second Day
Breakfast:	Orange Juice, 4 oz. Coffee or Tea	Tomato Juice, 4 oz. Coffee or Tea
Snack:	Skim Milk, 8 oz.	Skim Milk, 8 oz.
Lunch:	Lettuce, 2 c. with Salt, Vinegar Egg, 1 med. Coffee or Tea	Lettuce, 2 c. with Salt, Lemon Juice Egg, 1 med. Coffee or Tea
Snack:	Apple, 1 med.	Apple, 1 med.
Supper:	Salad, 2 c. with Vinegar and Low Calorie Dressing Toast, ½ sl. Bouillon, 1 c. Lean Meat, 3 oz. Coffee or Tea	Salad, 2 c. with Vinegar and Low Calorie Dressing Toast, ½ sl. Bouillon, 1 c. Chicken without Skin, 3 oz. Coffee or Tea

This 2-day cycle is to be followed for a 3-week period.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	1	2	6	½
Evaluation	−1	OK	+2	−3½

Vitamin and mineral supplementation: None recommended.

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Dr. Atkin's Super-Energy Diet
By: Robert C. Atkins

In his book, Dr. Atkins stresses that most Americans today lack energy. He feels this diet is a guide to nutrition that permits individuals to find their own best lifetime diet.

There are four diets in this book: The Super-Energy Weight-Reducing Diet, The Super-Energy Weight-Gaining Diet, The Super-Energy Weight-Maintenance Diet, and The Special Situation Diet. These diets are all basically low carbohydrate, high protein, and high fat diets.

This is a simple adaptation of his plan in the Diet Revolution. All the problems discussed with the ketogenic-type diet apply to these four plans also. For a more detailed description, see the Diet Revolution.

Dr. Atkins advises supplementing all four of these diets with a megavitamin and mineral program. The amounts he recommends are much higher than the U.S. RDA. Toxic levels of some nutrients could result from these recommendations.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast: 2 med. Eggs (cooked in 1 tsp. butter)
Bacon (3 strips)
Coffee (2 c.)
Heavy Cream (2 tsp.)

Lunch: Tuna (4 oz.)
Lettuce (1 c.) with Italian Dressing
Coffee (1 c.)
Heavy Cream (2 tsp.)

Snack: Cheddar Cheese (2 oz.)
Diet Soft Drink

Snack: Tea (1 c.) with Lemon

Supper: Roast Pork (8 oz.)
Tomato (1 sm.)
Lettuce Salad (1 c.)
Mayonnaise (1 tbsp.)
Coffee (1 c.)
Heavy Cream (1 tsp.)

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	½	Unlimited	1 to 2	0
Evaluation	−1½	OK	−2	−4

Vitamin and mineral supplementation: Megavitamin therapy recommendations greatly exceed the U.S. RDA for Vitamin C, Niacin, Vitamin B_6, Thiamine, Riboflavin, Folacin, Vitamin B_{12}, Vitamin E, Vitamin A, and Zinc.

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10 Day, 10 Pounds Off Diet
By: Ernestine Carter, Editor of London Times, Women's Section
Cosmopolitan, September 1970

The premise of this diet is that grapefruit eaten before each meal acts as a "catalyst" to burn body fat and thereby causes quickened weight loss.

Actually, this claim has no support from a biochemical standpoint and cannot be substantiated. It is quite likely that weight loss would occur because of the low-calorie diet prescription rather than the consumption of grapefruit.

Assessment of the diet pattern shows a complete absence of milk group foods which causes calcium to be extremely low (44 percent of need). Bread and cereal group foods have also been omitted as a means of reducing carbohydrate (64 percent of need). Overconsumption of fruit and vegetable foods and meats appears to supply other nutrients in adequate amounts.

This diet is not recommended because:

a. The premise upon which it is based is faulty.
b. Its low carbohydrate level could promote ketosis.
c. It supplies the nutrients associated only with two food groups and thereby does not help users to establish sound eating patterns.

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Sample Menu—Meals on Which Evaluations Are Made

Breakfast:
Grapefruit, ½
Eggs, 3 med.
Bacon, 3 sl.
Coffee, 1 c.

Lunch:
Ham Slices (½ lb. raw)
Grapefruit juice, 6 oz.
Lettuce Salad, with Small Tomato
Oil, 1 tbsp.
Vinegar, 1 tbsp.
Coffee, 1 c.

Supper:
Grapefruit, ½
Shortribs (½ lb. raw) with red wine, 3 oz.
Lettuce Salad with Small Tomato
Oil, 1 tbsp.
Vinegar, 1 tbsp.
Cauliflower, 7/8 c.
Tea, 1 c.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	0	4	6	0
Evaluation	−2	+2	+2	−4

Vitamin and mineral supplementation: None recommended.

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3 Week, 555 Diet
By: Irwin Stillman, M.D.
From the book The Doctors Quick Weight Loss Diet

This diet prescription is typical of Stillman's style. A rigid regimen is prescribed for the foods to be consumed each day. Calorie levels are supposed to average around 555 per day.

Assessment of the diet pattern shows the inadequacies which are also typical of Stillman's style. Small amounts of a narrow variety of foods are to be consumed. Consequently, all nutrients except vitamin C are inadequately supplied. Because of the low caloric intake, weight loss would be likely for anyone who could tolerate the diet for the 3-week period.

This diet is not recommended because:

a. Nutrients are extremely limited.
b. No provision is made for developing sound eating habits since no variety is allowed.

Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Orange Juice, 4 oz.	Lunch:	Lettuce Salad, 2 c. with Vinegar Egg, 1 large
Snack:	Skim Milk, 8 oz.	Snack:	Apple, 1 large
Supper:	Lettuce Salad, 2 c. with Small Tomato Vinegar, Low Calorie Dressing Bouillon, 1 c. Lean Meat, 3 oz.		

This plan is followed daily without variation.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	1	2	3	0
Evaluation	−1	OK	−1	−4

Vitamin and mineral supplementation: None recommended.

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Weight Watchers' Diet
From the Weight Watchers' Program Cookbook, Weight Watchers' International
Hearthside Press, Inc., Great Neck, NY, 1973

Weight Watchers' International provides a program of lectures which aid in retraining the eating habits of the overweight individual. In addition they provide a maintenance program for the individual who has reached the desired weight.

The combination of educational inputs and social interaction offered in this program make it one of the most successful in helping many people who could not lose weight on their own.

Assessment of the diet pattern shows a slight imbalance of food group choices—two meat servings are substituted for two bread and cereal group servings. No severe nutrient imbalance appears to be caused by this exchange. All nutrients are adequately supplied, while a reasonable deficit of calories is consumed.

This diet and total program are recommended because of the provision for nutritional adequacy and for the education in making wise food choices.

Sample Menu—Meals on Which Evaluations Are Made

Breakfast:	Orange Juice, ½ oz.	Lunch:	Salmon, 4 oz.
	Poached Egg, 1 med.		Lettuce, ¼ head
	Whole Wheat Bread, 1 sl.		Asparagus, 2 c.
	Margarine, 1 tsp.		Whole Wheat Bread, 1 sl.
	Coffee, 1 c.		Margarine, 1 tsp.
	Skim Milk, 8 oz.		Coffee, 1 c.
			Apple, 1 med.
Supper:	Broiled Chicken, 6 oz.	Supper:	Lettuce, ¼ head
	Brussel Sprouts, 4 oz.		Parsley, 1 tbsp.
	Margarine, 1 tsp.		Skim Milk, 8 oz.
	Cucumber, 1 med.		Apricots, 3 med.

Guide to Good Eating Evaluation

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet	2	4½	8 to 9	2
Evaluation	OK	+2½	+4 to 5	-2

Vitamin and mineral supplementation: None recommended.

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Evaluation Summary

Of the 25 diets evaluated, only 6 diets meet the minimum requirements of the Guide to Good Eating. They are:

a. Diet for a Small Planet
b. Dr. Solomon's Easy, No-Risk Diet
c. 9-Day Wonder Diet
d. The Save Your Life Diet
e. The Live-It Program
f. Weight Watchers' Diet

The Diet for a Small Planet is an excellent guideline for someone wanting a vegetarian diet. Both Dr. Solomon's Easy, No-Risk Diet and Simmons' "Live-It" program meet the requirements but lack an adequate discussion of the basic food groups. This will make long-term planning more difficult. The Save Your Life Diet makes inaccurate statements about food additives but does provide a balanced intake. Many food additives are necessary and even desirable; completely eliminating them from your diet is very difficult, if not impossible, and very expensive. The 9-Day Wonder Diet provides daily menus which many people find helpful. The Weight Watchers' Diet provides a comprehensive program for individuals desiring to lose weight. There is a weekly fee associated with the program.

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How To Rate a Diet

Two tools for rating diets have been presented in this pamphlet. The U.S. RDA (page 7) can be used as a guide to nutritional labeling. Remember that the U.S RDA is determined for older children and adults. Meeting 100 percent of the U.S. RDA for the 10 leader nutrients (pages 5 and 6) will help ensure that you are obtaining enough of the approximately 50 known nutrients needed daily for optimum health.

The Guide to Good Eating (page 8) is the easiest and fastest way to check your diet. You may use the sample evaluation forms below or develop your own format.

Children—Recommended Number of Servings

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Serving in Diet				
Evaluation				

Teenagers—Recommended Number of Servings

Minimum Basic Four	Milk Group 4 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Servings in Diet				
Evaluation				

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Adults—Recommended Number of Servings

Minimum Basic Four	Milk Group 2 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Serving in Diet				
Evaluation				

Pregnant Women—Recommended Number of Servings

Minimum Basic Four	Milk Group 4 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Serving in Diet				
Evaluation				

Lactating Women—Recommended Number of Servings

Minimum Basic Four	Milk Group 4 or More Servings	Meat Group 2 or More Servings	Fruit and Vegetable Group 4 Servings	Grain Group 4 Servings
Average Serving in Diet				
Evaluation				

In addition to the Guide to Good Eating, you should ask the following questions when evaluating a popular diet:

1. Is the source of the diet reliable? What are the person's educational and professional credentials? Does the author have a list of references or bibliography that would support the claims that are being made?

2. Does the diet promise unrealistically quick or unhealthy weight loss (more than 2 or 3 pounds a week)?

3. Is it well-balanced nutritionally, offering a variety of foods, or does it emphasize one food,

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food group, or nutrient over others? A well-balanced diet includes food from the ba
groups: meat, milk, fruits-vegetables, and grains.

4. Does the diet teach eating principles you can use over a lifetime?

5. Are the foods recommended in the diet easily obtainable, or are they available fr
a few sources?

6. Will someone make money on this diet, such as the author, publisher, or the sup
some drug or nutritional supplement? If the answer is yes, remember the warning,
buyer beware.

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Patient References

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AFP 166-10, Mini Guide to Good Eating.
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